# HEY, KIDS!

## Build A Healthful School Lunch!



### It's Lunchtime!

The bell rings and it's time for lunch.

You're standing in the lunch line waiting to get your food. What are you going to put on your tray?

## Eat a Rainbow of Color

Try to pick foods of all different colors. Think of a **rainbow**.

It is good to have many colors on your tray because that means you chose many different kinds of food.

## Choose Foods From Each Food Group

Try to choose foods from each of the five food groups. This will help you build a healthful lunch. Here are some ideas:

- **Vegetables:** carrots or celery
- **Fruits:** apples, bananas or strawberries
- **Grains:** bread, tortilla or bagel
- **Dairy:** milk, yogurt or cheese
- **Protein:** meat, peanut butter or nuts.



**Flip the page over to practice building your own lunch!**

# Build Your Own Lunch!

Circle the **healthful** foods you would put on your lunch tray. Try to choose foods from each food group and make your tray colorful!.





slice of pizza



salad



turkey sandwich on whole grain bread



French fries



crispy chicken sandwich



cheese breadstick



baby carrots



cheeseburger



whole grain spaghetti with meat sauce



chicken breast



chicken nuggets



fruit juice



potato rounds



skim milk



fresh fruit



hard shell taco



chocolate chip cookie



grapes



green beans



apple



baked potato

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